

# **MULTIFUNCTION GYMNASTIC APPARATUS**

## **BACKGROUND OF THE INVENTION**

### 1. Field of the Invention

The present invention relates to a multifunction gymnastic apparatus, and  
5 particularly relates to a multifunction gymnastic apparatus helping you target  
specific muscle groups.

### 2. Background of the Invention

Due to the transition of society, space and time for people to work out  
decreases more and more; home health apparatuses with easy operation are  
10 applicable to physical trainings thereby.

With respect to Fig. 1, a conventional gymnastic apparatus 1a includes a  
metallic spring 10a being circular, two metallic tubes 20a connecting two  
opposing ends of the metallic spring 10a, and two handles 30a connecting with  
the two metallic tubes 20a respectively.

15 The two metallic tubes 20a solders to the metallic spring 10a; the two  
handles 30a sleeves on a free end of each metallic tube 20; the two handles 30a  
can be manipulated with an additional force to bend the metallic spring 10a  
thereby. The metallic spring 10a will recovery to an original state after the  
force released. A user can have his arm muscle into physical training with a  
20 reciprocating action of bend and recovery.

However, the conventional gymnastic apparatus 1a still has some problems,  
for example:

(1) The muscle groups the conventional gymnastic apparatus 1a

trains restrictive to one's hand and arm.

- (2) The recovery force of the conventional gymnastic apparatus 1a is so strong that the user may get hurt accidentally.
- (3) Due to the metallic materials thereof, the metallic spring 10a is unfavorable to a long time handling.

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Hence, an improvement over the prior art is required to overcome the disadvantages thereof.

## **SUMMARY OF INVENTION**

10 The primary object of the invention is therefore to specify a multifunction gymnastic apparatus to target one's specific muscle groups.

According to the invention, the object is achieved by a multifunction gymnastic apparatus that includes a resilient fiberglass sheet, a covering wrapping the resilient fiberglass sheet, and two handles connecting two ends of the resilient fiberglass sheet. Whereby a user can manipulate the two handles of the multifunction gymnastic apparatus with his hands to fold the resilient fiberglass sheet. The resilient fiberglass sheet will recovery to an original state after release, and the user can have his muscle into physical training with a reciprocating action of multifunction gymnastic apparatus.

15 To provide a further understanding of the invention, the following detailed description illustrates embodiments and examples of the invention. Examples of the more important features of the invention thus have been summarized rather broadly in order that the detailed description thereof that follows may be better understood, and in order that the contributions to the art may be

appreciated. There are, of course, additional features of the invention that will be described hereinafter and which will form the subject of the claims appended hereto.

## **BRIEF DESCRIPTION OF THE DRAWINGS**

5 These and other features, aspects, and advantages of the present invention will become better understood with regard to the following description, appended claims, and accompanying drawings, where:

Fig. 1 is a perspective view of a conventional gymnastic apparatus;

Fig. 2 is a decomposition view of a multifunction gymnastic apparatus

10 according to the present invention;

Fig. 3 is a perspective view of the multifunction gymnastic apparatus according to the present invention;

Fig. 4 is a cross-sectional profile of the multifunction gymnastic apparatus according to the present invention;

15 Fig. 5 is a perspective view according to a first application of the multifunction gymnastic apparatus;

Fig. 6 is a perspective view according to a second application of the multifunction gymnastic apparatus;

20 Fig. 7 is a perspective view according to a third application of the multifunction gymnastic apparatus;

Fig. 8 is a decomposition view according to another embodiment of the multifunction gymnastic apparatus;

Fig. 9 is an enlarged view of the handle according to Fig. 8;

Fig. 10 is a cross-sectional profile of the multifunction gymnastic

apparatus according to Fig. 8;

Fig. 11 is a perspective view of a first application according to Fig. 8; and

Fig. 12 is a perspective view of a second application according to Fig. 8.

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## DETAILED DESCRIPTION OF THE EMBODIMENTS

Referring to Figs. 2 to 4, a multifunction gymnastic apparatus 1 includes a resilient fiberglass sheet 10, a covering 20 wrapping the resilient fiberglass sheet 10, and two handles 30 connecting two ends of the resilient fiberglass sheet 10. The resilient fiberglass sheet 10 is slight than the metallic spring 10a of the conventional gymnastic apparatus 1a, and a recovery force of the resilient fiberglass sheet 10 is less than that of the conventional gymnastic apparatus 1a thereby. Thus conditions of the two handles 30 accidentally damages a user are decreased, and the multifunction gymnastic apparatus 1 can be operated for a long time due to the lightweight thereof. The covering 20 is 15 made of buffer materials.

Whereby the user can manipulate the two handles 30 of the multifunction gymnastic apparatus 1 with his hands to fold the resilient fiberglass sheet 10. The resilient fiberglass sheet 10 will recovery to an original state after release, and the user can have his muscle into physical training with a reciprocating 20 action of the multifunction gymnastic apparatus 1.

Illustrated in Fig. 5, the user has his arm and pectoral muscles training by forcing on the two handles 30 with arms. To bend the resilient fiberglass sheet 10 with arm and pectoral muscles, and to release the resilient fiberglass sheet 10 then the resilient fiberglass sheet 10 back to an original state thereof.

Repeating the two states of the multifunction gymnastic apparatus 1 and the user can have his muscle into physical exercised.

With respect to Fig. 6, the user has his arm muscles training by forcing between the two handles 30 with hand. To shake the multifunction gymnastic apparatus 1 leftwards and rightwards, and to repeat the vibration of the multifunction gymnastic apparatus 1 and the user can have his muscle into physical exercised.

Referring to Fig. 7, the user has his arm and abdominal muscles training by using the multifunction gymnastic apparatus 1 arranged abutting against his back. To bend the resilient fiberglass sheet 10 with arm and abdominal muscles, and to release the resilient fiberglass sheet 10 then the resilient fiberglass sheet 10 back to an original state thereof. Repeating the two states of the multifunction gymnastic apparatus 1 and the user can have his muscle into physical exercised.

Referring to Figs.8 to 10, the present invention provides a multifunction gymnastic apparatus 2 that includes a resilient fiberglass sheet 12, a covering 22 wrapping the resilient fiberglass sheet 12, two handles 32 connecting two ends of the resilient fiberglass sheet 12, and two extension rope adjustable devices 40 arranged with the two handles 32 correspondingly. Each of the two handles 32 has a connecting portion 322, and each of the two extension rope adjustable devices 40 includes an engaging block 42, a regulator 44, a mat 48 and a retractable rope 46; wherein the retractable rope 46 has an end connecting in the regulator 44 and an opposing end penetrating through the regulator 44 and the mat 48 to the engaging block 42, the engaging block 42 accommodates with the connecting portion 322

correspondingly; whereby the retractable rope 46 is capable of expansion and contraction alternatively.

The resilient fiberglass sheet 12 is made of resilient materials and slight than the metallic spring 10a of the conventional gymnastic apparatus 1a, and a 5 recovery force of the resilient fiberglass sheet 12 is less than that of the conventional gymnastic apparatus 1a thereby. Thus conditions of the two handles 30 accidentally damages the user are decreased, and the multifunction gymnastic apparatus 2 can be operated for a long time due to the lightweight thereof. The covering 22 is made of buffer materials.

10 With respect to Figs. 11 and 12, the user first put his feet on the mat 48 and grasp to lift the handles 32 with hands, after the handles 32 are released, the retractable rope 46 recoveries to the original state; repeating the two movements of the multifunction gymnastic apparatus 2 and the user can have his muscle into physical exercised.

15 The less is the distance spaced from the engaging block 42 to the regulator 44, the more the force need to lift is; and the more is the distance spaced from the engaging block 42 to the regulator 44, the less the force need to lift is.

The present invention are characterized by such advantages:

- (1) The multifunction gymnastic apparatus can target one's specific muscle groups to exercise.
- (2) The recovery force of the resilient fiberglass sheet is less than that of the conventional gymnastic apparatus 1a, so that the exercise-induced muscle damage can be decreased effectively.
- (3) The resilient fiberglass sheet is slight than the metallic spring 10a

of the conventional gymnastic apparatus 1a, and the multifunction gymnastic apparatus 1 can be operated for a long time due to the lightweight thereof.

It should be apparent to those skilled in the art that the above description is  
5 only illustrative of specific embodiments and examples of the invention. The invention should therefore cover various modifications and variations made to the herein-described structure and operations of the invention, provided they fall within the scope of the invention as defined in the following appended claims.

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